

Topsfield Council on Aging

Senior Scoop

DECEMBER 2014

Mission Statement: To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, age 60 and over.

Office (978) 887-1523 Van Line (978) 887-6866

I hope everyone enjoyed their Thanksgiving dinner from Henry's Market. Thank you to the COA friends who generously paid the Henry's bills. We broke a record for the most people to ever attend a Topsfield Council on Aging event with almost 100 people!! Twenty people didn't RSVP but thankfully we had enough food for everyone. Our Christmas dinner will be Wednesday, December 10th at 4:00 P.M.

Please make sure you RSVP to us so we have enough food and seating.

Be Well.

-Jodi

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Senior Scoop

DECEMBER EVENTS

RSVP'S ARE NEEDED

CALL 978-887-6866

Tuesday, December 9th

Wrentham Outlets

Shop and lunch

Leave Topsfield at 9:30

Wednesday, December 17th

Lunch and Learn
Presentation on Falls
Prevention

12:00

CH

Thursday, December 11th

Make a Christmas flower arrangement with the New Meadows Garden Club

10:00 A.M.

CH

Wednesday, December 24th

Breakfast at Century House & Epicurean Shop

Leave Topsfield at 9:30 A.M.

Tuesday, December 16th

Wenham Tea House

Leave Topsfield at 11:30

Tuesday, December 30th

Windward Grille

Leave Topsfield at
11:00 A.M.

Ongoing Events

Scrabble

Mondays 9:30

Little Brook Village

Zumba

10:00 A.M.

Trinity Church

\$3.00

Notary Service (Free)

Monday-Thursday

10:00 A.M. -2:00 P.M.

Heavy Duty Shredder (Free)

10-2:00 Monday -Thursday

10:00-11:30 Friday

Council on Aging Office

Yoga

Little Brook Village

Free for Topsfield residents

\$3.00 out of towners

Knitting/Crocheting Group

(Free)

Wednesdays 2:00P.M.-4:00 P.M.-LBV

Bring your own supplies.

Free Telephone Bingo

Tuesday and Thursday

2:00

Call the office to get your free supplies

Mini Pedicures

1st Wednesday of the Month

\$15.00

Little Brook Village Community Room

Call Heidi: (978) 352-9772

Bill Duke Watercolor Class-CH

\$20.00 9-noon

Monday, December 22nd

VNA Keep Well Clinic

1st and 4th Thursday-WM

2nd and 3rd Thursday-LBV

9:00-11:00 A.M.

Topsfield COA Newsletter

Meetings

COA: Tuesday, 11/09 4:30

LBV:

Friends: Call for details

Town Census:

The Town Census will be coming in the mail soon. There will be a questionnaire from the Council on Aging asking what services you may need. Please fill out the form and return it in the same envelope you return the census in.

We are trying to become aware of areas seniors in Topsfield may need help with. We will not give out the personal information to anyone else.

If you have any questions please call us at (978)887-1523.

Senior Center Without Walls

Senior Center Without Walls is a **FREE** Program for seniors.

Our first SCWW program is a bingo program which we play by using a teleconference call.

In January, we will be starting some new SCWW programs. These include current events, trivia and weekly speakers.

If you would like to learn more about SCWW please call the office and we will gladly explain the program.

Lunch and Learn Ideas

Do you want to know more information about an educational, wellness, health, legal, veteran or health insurance issues or anything else you can think of let us know and we will find an expert and have a presentation on it.

Topsfield COA Newsletter

Top Cupboard Food Pantry

The Topsfield Food Pantry is open the 2nd and 4th Saturday of the month from 8:00-10:00 A.M. It is located at Trinity Church on River Road. If you are unable to get to the food pantry, call Jodi at (978) 887-1523 to arrange for a food drop off.

If you would like to donate food please let us know and we can arrange a pick up.

Call Us For Assistance

- ♦ Fuel Assistance
- ♦ Food stamps
- ♦ Transportation
- ♦ Food pantry deliveries
- ♦ Lifeline
- ♦ File of Life
- ♦ Handicap Placards
- ♦ Health Care Proxie
- ♦ Health Insurance Questions
- ♦ Veteran's Services
- ♦ Meals on Wheels

Please call (978)887-1523 and we would be happy to help you.

Saturday, December 6th

Topsfield's Annual Holiday Walk

4-7 PM.

Come celebrate the season with your friends and neighbors in Topsfield's Village where activities for young and old will take place. The bonfire will be lit at 7 PM on the Proctor playing field

Call us if you need a ride. The bus will be transporting people to and from town.

Volunteers Needed:

The COA is looking for substitute drivers for their Meals on Wheels program.

Meals are delivered to approximately 25 clients every day between 10:30-12:30.

There is a small stipend to cover the gas expense.

Please call the office at 887-1523 if you are interested.

Don't You Become the Gift This Holiday Season.

Please be aware of these numerous scams during the holidays:

♦ **Charities**

They call with wonderful requests for money to help a worthy cause. All they want is your credit card information so they can buy gifts on your credit card. No matter how worthy the pitch sounds, tell them you will check them out first and then make a decision. (They will probably hang up)

Don't give out any credit card, other financial information. or social security numbers .

♦ **Fake Retailer Web Sites**

The site looks real. The products look real. The site may be a fake.

Look over the site with care. Misspellings, incorrect grammar and the like are red flag that it may be a fake site. Buy from trusted names. If you decide to buy, use your credit card not your debit card. If a problem, it is often easier to contest the charge when it is on a credit card.

♦ **Media**

Be aware of raffles and giveaways. If the "gift" seems too good to be true, it probably is.

♦ **I am Stranded. I need Money to get Home**

This scam lives on, especially during the Holidays.

A relative calls asking for money to get home. Don't tell the parents.

If you have been contacted by any of these:

Call a relative, a trusted friend or Detective Sergeant Gary Hayward at the Topsfield Police at 978-887-6533. (When prompted, press 0 and ask for Detective Sergeant Gary Hayward.) Don't be afraid to talk about what has happened to you. You are not alone; it has happened to many.

DECEMBER 2014

Mon	Tue	Wed	Thu	Fri
CH= Clubhouse at fairgrounds WM= Washington Meadows LBV=Little Brook Village	2. 2:00 Phone Bingo	3. 9:15 Shopping 2:00 Knitting-LBV	4. 9:00 Well Clinic-WM 10:00 Zumba-Trinity	5. 9:30 Yoga <hr/> 4:00 Holiday Walk
8. 9:30 Scrabble-LBV	9. 9:30 A.M. Wrentham Outlets 2:00 Phone Bingo	10. 9:15 Shopping 2:00 Knitting-LBV 4:00 Christmas Dinner-Emerson	11. 9:00 Well Clinic-LBV 10:00 New Meadows Garden Club	12. 9:30 Yoga
15. 9:00 Bill Duke-CH 9:30 Scrabble-LBV	16. 11:30 Wenham Tea House 2:00 Phone Bingo	17. 9:15 Shopping 2:00 Knitting-LBV	18. 9:00 Well Clinic-LBV 10:00 Zumba-Trinity	19. 9:30 Yoga
22. 9:30 Scrabble-LBV	23. 9:15 Food Shopping 2:00 Phone Bingo	24. 9:30 A.M. Century House breakfast and Epicurean shop 2:00 Knitting-LBV	25. Merry Christmas	26.
29. 9:30 Scrabble-LBV	30. 11:00 Windward Grille 2:00 Phone Bingo	31. 9:15 Shopping 2:00 Knitting-LBV	JAN 1. Happy New Year	2.